

**TUS**

**Technological University of the Shannon
Midlands Midwest**
Ollscoil Teicneolaíochta na Sionainne:
Lár Tíre Iarthar Láir



**Taighde Éireann
Research Ireland**

POSTGRADUATE RESEARCH OPPORTUNITY

Project Title: MAMAMOVE: Exploring the feasibility and efficacy of a co-designed postpartum exercise intervention on cardiometabolic and psychosocial health of women living in Ireland.

Short Project Description: MAMAMOVE is a Research Ireland-funded PhD project that seeks to support postpartum women through the development and evaluation of a co-designed exercise intervention aimed at improving cardiometabolic and psychosocial health outcomes. While gestational research is overwhelmingly focused on prenatal care, the postpartum period remains under-researched despite the significant physical demands of recovery and psychological challenges associated with disrupted sleep, lifestyle changes, and shifting identity. This often-overlooked stage has been described as the “invisible” fourth trimester.

To address this gap, MAMAMOVE will advance the state-of-the-art in postpartum health through a comprehensive mixed-methods exercise intervention. The project adopts a bottom-up, user-centred approach and will be supported by a multidisciplinary team of academic and clinical stakeholders.

The successful candidate will contribute to research exploring cardiometabolic disease risk following pregnancy, including the impacts of sustained gestational weight gain and physical inactivity. The project will also consider the importance of graded postpartum exercise to reduce risks such as musculoskeletal injury and pelvic floor dysfunction.

The PhD will combine innovative laboratory-based assessments (e.g., abdominal muscular endurance and cardiometabolic health markers) with qualitative user feedback to develop an intervention that is contextually appropriate, acceptable to postpartum women, and feasible for implementation within regional and national healthcare settings.

Type of Degree Offered: PhD

Duration of Project: 48 months (4 years)

Funding Agency: Research Ireland

Funding Details:

- PhD Stipend: €25,000 per annum

Minimum Qualifications/Experience Necessary/Any Other Requirements

Applicants must have:

- A primary degree (minimum classification of 2.1 honours or equivalent) in a relevant discipline such as Sport and Exercise Science, Public Health, Physiotherapy, Health Science, Psychology, or a related field.
- Strong interest in women’s health, exercise intervention research, and applied health promotion.
- Ability to work independently as part of a multidisciplinary research team.
- Excellent written and verbal communication skills.



TUS

**Technological University of the Shannon
Midlands Midwest**

Ollscoil Teicneolaíochta na Sionainne:
Lár Tíre Iarthar Láir

Desirable attributes include:

- A completed Master's degree and/or relevant applied experience in exercise, health, or community-based settings.
- Experience with mixed-methods research and/or participant-centred intervention delivery.
- Evidence of research dissemination (e.g., publications, conference presentations, creative knowledge translation).
- Willingness to travel locally for data collection and stakeholder engagement.

English Language Requirement:

IELTS [International English Testing System] Applicants must have a minimum of 6.5 with no component score less than 6.5.

Project Lead Supervisor: Dr Emma Cowley

For further information, please contact: Emma.Cowley@tus.ie

Closing date for receipt of completed application form is **March 20th, 2026**. Interviews will take place within subsequent weeks.

To apply:

1. Download TUS Scholarship application form here: <https://tus.ie/rdi/research/office/funded-research/>
2. Send the application form to pro@tus.ie. Please add the project title in the subject line ("MAMAMOVE: A co-designed postpartum exercise intervention")